

REPORT OF THE COACHES' AD HOC COMMITTEE

The meeting of the Coaches' Ad Hoc Committee was called to order at 7:30 PM September 20, 1989, by Chairman Jim Miller.

This committee has indeed come a long way since its formation. It has proven itself as a valuable, service-oriented group, and, for this reason, the Executive Committee has proposed to make it a standing committee with full privileges this year.

Old Business: The coaches' on-deck program at Nationals has been very well received by swimmers. The committee budget has been spent, mainly on the identifying shirts. Delivery of specific lecture topics at the past two Nationals has also been popular. "Tapering" and "Strength Training" were the topics already presented, with a question and answer session following each. Topics were solicited for USC and Woodlands; "Warmups and Warmdowns" will be delivered at Woodlands, and "Open Water Training" will be presented at USC. Other suggested topics included: "Motivation for Clubs and Swimmers;" "Swim Season Planning;" "Race Strategy;" "Cross-Training;" "Nutrition During Meets;" and "Flexibility Training." Topics to be delivered during the Pan Pacs Sports Medicine Lecture series were also discussed; they will be given after each day's competition is completed October 9 through October 13.

New Business:

1. Stroke Drill Brochure: One stroke drill will be explained per page, including its purpose and an illustration which Kerry O'Brien has agreed to draw. Forty drills are planned for the initial publication, and the intended audience is both the swimmer and the novice coach. Proposed cost is \$15.00 per binder (costs could be reduced if sold without a binder), and they would be available through the National Office. Projected time frame is sometime this year.
2. Judy Meyer reported on the ASCA meeting. Due to lack of planning and communication, there was poor attendance at Masters' meetings. The meetings held on Sunday were more successful. The 1989 Coach of the Year Award was made initially at the ASCA meeting; this year's recipient is Bill Tingley. A formal presentation will be made before the House of Delegates at this convention.
3. Judy and Jim reported on the MACA meeting in Denmark. The body heard of the varying needs of masters in different countries, and a European newsletter has come into existence to help with communication. MACA made recommendations to the organizing body about the running of international competitions, addressing both the flaws and the good points.
4. MACA plans to continue coaches' hospitality at Nationals. Both the MACA and the ASCA newsletters are soliciting articles for publication.
5. The Committee will be requesting a budget of \$955.00 from the House for 1990. Input will be requested from the Marketing Committee concerning printing and packaging of the stroke drill brochure to curb costs but still make the product attractive to the swimmer/coach.
6. Although the Committee voted unanimously not to discuss the topic of mega teams at this meeting, it did reiterate its last year's philosophy that they are in basic disagreement with the production of and recruitment to a mega team. This is a statement of philosophy only, as morality cannot be legislated.

1991 SC and LC bids will be considered Friday afternoon after 1 PM by the Championship Committee. Bids will be presented Friday evening, with a 15-minute presentation by each bid. A simple majority of delegates present and voting will decide who wins each bid. There are 3 SC bids: Oklahoma (not timely), Nashville (out of zone), and North Dakota. The 3 LC bids are: Rockville, Maryland; Elizabethtown, Kentucky; and Mission Bay (which will in all likelihood withdraw).

It will take a 90% positive vote at this convention for a rule to become effective. Rule proposals were considered and voted on individually:

- MSR 1 - Yes
- MSR 2 - No
- MSR 3 - No response
- MSR 4 - The issues of scoring and awards were considered separately, with scoring stimulating the most debate. Both issues received a "Yes" vote
- MSR 5 - Yes
- MSR 6 - Yes
- MSR 7 - Yes
- MSR 8 - Yes
- MSR 9 - Yes
- MSR 10 - Yes
- MSR 11 - This is a non-issue
- MSR 12 - No
- MSR 13 - No
- MSR 14 - Yes
- MSR 15 - Yes
- MSR 16 - Yes
- MSR 17 - No
- MSR 18 - Yes
- MSR 19 - No (Chair broke the tie)

The meeting was adjourned at 9:45 PM.

Respectfully submitted,

Nancy Miller